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ABSTRACT

Noting that parents raising adolescents need to know when to be quiet and when to act, as well as what to do when something needs to be done, this guide for parents offers guidelines for handling the complex situations and dilemmas that teenagers often present. Topics covered include managing teenage risk-taking, the relationship between parent-teen communication and adolescent safety, and guidelines for specific areas such as clothing and dating. The six sections of the book are: (1) "A Different Planet," identifies normal adolescent behavior; (2) "Communication and Safety," including risk behaviors such as substance experimentation and driving, and four negative parenting tactics--spontaneous problem discussions, nagging, insight transplants, and arguing; (3) "Problems!," discusses the ways in which a parent's state of mind about his or her own life affects interaction with adolescents, and four roles parents play--observer, advisor, negotiator, and director; (4) "Emotional Blackmail," on adolescents' testing and manipulating and ways to manage testing and manipulation; (5) "House Rules," detailing guidelines for specific problems and presenting vignettes of the guidelines in action; and (6) "Ten Years from Now," on likely outcomes for even the most trying adolescent. (HTH)

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